

WIC - The Nutrition Program for Women, Infants and Children

*Tell your friends and
family about WIC.
Give them this flyer.*

Pregnant? Breastfeeding? Children under age 5?
WIC wants to help. It's easy to find out
if you're income eligible – right over the phone!
WIC even takes care of the paperwork.

**WIC helps you give your child
a healthy start with:**

- Checks for up to \$50 worth of healthy food monthly starting at your first visit - no waiting!
- Foods like fluid milk, cheese, eggs, peanut butter, dried beans, juice, cereal and infant formula if not breastfeeding.
- Help finding health care.



WIC Income Guidelines per month: *(Add one for each unborn child)*

- Family of 2 earning up to \$1,869
- Family of 4 earning up to \$2,837
- Family of 6 earning up to \$3,805

(Valid until March 2004)

***If you are on medical coupons or Healthy
Options you are income eligible for WIC.***



Call 1-800-322-2588
Healthy Mothers, Healthy Babies

**Getting WIC will not affect
your immigration status.**

WIC is an Equal Opportunity Program.